

The Athletic Scholarship Package

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With this Package, you should also receive the following materials:

1. Peterson's "Applying to Colleges and Universities in the United States";
2. A map of the United States;
3. "If You Want to Study in the United States" Undergraduate Booklet.
4. The Advising Center Brochure.
5. A list of the appropriate institutions in the United States that offer your sport on a scholarship basis as well as your intended academic major.

General Information on ATHLETIC SCHOLARSHIPS

Sports play an important role in the everyday social scene at American colleges and universities. University sports programs are offered at the intercollegiate (organized competition) and the intramural (club-like, participation-oriented, less competitive) level. Many universities offer sports scholarships at the intercollegiate level to students who are academically qualified and gifted in a particular sport.

What is an Athletic (Sports) Scholarship?

Playing for a college team on scholarship is one way students help pay for the cost of earning an undergraduate degree. Please note: you do not attend university *solely* to play your sport, you are there to earn a degree.

For which sports can I get a scholarship?

Athletic scholarships are awarded for the following sports: archery, baseball, basketball, bowling, crew (rowing), cross-country, equestrian sports, fencing, football (American), golf, gymnastics, ice hockey, indoor track, lacrosse, martial arts, riflery, rodeo, sailing, skiing, soccer, softball, squash, swimming and diving, tennis, track and field, volleyball, water polo, women's field hockey and wrestling. A few colleges offer rugby, but this will usually be on a non-scholarship basis. Remember that not every college will offer your sport.

What kind of degree can I get?

Students with athletic scholarships may take undergraduate degrees in any field offered by the university. There are no degrees in sports themselves but students whose main interest is in sports can often take a degree in physical education, exercise science, physical therapy or an allied field. Please refer to the Educational Advisory Service's Reference Library (EAS) for further information regarding the various majors.

Who grants athletic scholarships?

Athletic scholarships are granted by the university or in some cases by the athletic association in which a university participates. Athletic directors or coaches of your sport often play a central role in award decision-making, so it is important to establish contact with these individuals at an early stage of your application process.

How much are athletic scholarship awards?

Award amounts vary, and can be anywhere from a few thousand dollars to nearly \$30,000 for one academic year. Athletic scholarships do not necessarily cover the full cost of tuition and maintenance. Scholarships are offered on a percentage basis (i.e. a 75% scholarship will cover 75% of the total cost for one year), and universities have strict limits on the total amount they

can award each year. Because of these restrictions, a university may split a small number of large awards into a larger number of lesser-value awards. For example, a university that has three 100% scholarships to offer per year may split them up to award six 50% scholarships to twice the number of student-athletes.

How long will I have the award?

Scholarships are provided on a year-by-year basis, and can generally be renewed for up to four years, which is the normal time required to complete an undergraduate degree in the US. If you enter university with transfer credit or advanced standing, you will still be considered a freshman (first-year student) for athletic scholarship purposes.

Who will be considered for an award?

It is likely that only students of the highest sporting standard will be considered, but in some women's sports, good 'club-level' may be sufficient. You must have recognizable achievements in your sport to be considered for an award. Check web sites of the universities you are interested in for results of matches or events to see how your ability compares.

What academic requirements must I meet?

Students with an athletic scholarship must meet the normal university/college entrance requirements and then continue to obtain satisfactory grades in order to receive and maintain such scholarships. As a guideline, however, various sporting authorities have set their own academic requirements for competing students:

National Collegiate Athletic Association (NCAA): (<http://www.ncaa.org>)

Senior Certificate with Exemption which must include: maths, English, science (or biology), Afrikaans (or another language) and social studies (history, geography etc.) from grades 9 through 12 **only**. Subjects taken in 8th grade do not count. You must also obtain clearance from NCAA prior to receiving a sport scholarship. Contact the NCAA on their website for more information.

National Association of Intercollegiate Athletics (NAIA): (<http://www.naia.org>)

Senior Certificate with Exemption.

National Junior College Athletic Association (NJCAA): (<http://www.njcaa.org>)

Individuals who do not qualify for either of the above but who are talented athletes may be able to gain admission to a junior college. Each college will set its own entrance requirements. Only 25% of scholarships at a junior college can be given to international students.

Can I get an athletic scholarship for postgraduate study?

Athletic scholarships are generally not available to fund postgraduate study (i.e. Master's and Ph.D. degrees). However, under new National Collegiate Athletic Association (NCAA) Division

I and II rules, it may be possible for a student who graduates from a Bachelor's program in three years to have one further year of competition (and funding) whilst enrolled in a postgraduate program.

What are athletic associations?

Athletic associations govern college athletics and set rules regarding scholarships. There are a number of associations of which a college or university can be a member. The main associations include:

National Collegiate Athletic Association (NCAA) – There are 933 member universities and 267 provisional members classified within three divisions of the NCAA. Athletic standards are high and the level of competition is intense. Only students with the very highest standard of ability tend to be recruited.

National Association of Intercollegiate Athletics (NAIA) – There are around 350 Member institutions, mostly smaller colleges in the NAIA, organized by districts. Many NAIA colleges have excellent sports programs and may offer some athletic scholarships. The level of athletic ability is still high, although the standard is not set as high as for NCAA teams.

National Junior College Athletic Association (NJCAA) – Member colleges are accredited two-year institutions. The NJCAA is also comprised of three divisions, with scholarships offered only at the Division I and II levels. Division I colleges may offer full scholarships, and Division II may offer partial scholarships (tuition or fees and books). There are not many Division I or II junior colleges, so an international student must have very competitive athletic and academic ability to receive a junior college scholarship. Students who attend a junior college with the intention of transferring to a four-year college must be certain that their course credits will transfer, as not all will. For more information on two-year colleges, please read the Junior Colleges handout from EAS and refer to the Peterson's Guide to Two-Year Colleges found on the EAS library reference shelves.

What is the difference between NCAA Divisions I, II, and III?

NCAA Divisions are determined by specific requirements that include the number of sports sponsored for both genders and an average audience attendance number at games. Member institutions must adhere to the following guidelines:

Division I: At least seven sports for men and women (or six for men and eight for women) including two team sports for each gender. There is a minimum required number of contests and participants for each sport, as well as scheduling criteria. There are maximum financial aid award amounts for each sport that a Division I school cannot exceed. The level of athletic ability within the NCAA is highest at the Division I level. To play regularly on a Division I team, students must have proven outstanding abilities within their sport.

Division I-A and I-AA: These schools meet the Division I criteria and also offer American football as one of their sports. Division I-A teams are large programs and must meet minimum audience attendance requirements. Division I-AA teams do not need to meet these attendance requirements. Football games are often televised, and each year teams compete for a place in

“Bowl Tournaments”.

Division II: At least four sports for men and four for women, with two team sports for each gender. There is a minimum required number of contests and participants for each sport, as well as scheduling criteria. There are maximum financial aid awards for each sport that a Division II school must not exceed. Division II schools are nearly as competitive as Division I in recruiting athletes with the best athletic ability. The athletic standard is also nearly as high.

Division III: At least four sports for men and four for women, with two team sports for each gender. There is a minimum required number of contests and participants for each sport, as well as scheduling criteria. Division III does not award financial aid on the basis of athletic ability – only on the basis of need or academic excellence. Proud athletic rivalries tend to flavor Division III athletics, and a competitive athletic standard is still needed to participate.

What are the Big Ten, Big Twelve or Big East?

Each sports association and division divides its teams into conferences (or leagues), usually comprising between 8 and 12 members. The NCAA Division I has nearly 30 conferences, some of the most important of which are the Big 10, Big 12, Pac-10 and Southeastern. Some schools have traditional athletic rivalries within these conferences, and prestigious, televised championships are held each year in big sports such as basketball and American football.

What are the eligibility requirements to play for a NCAA division university?

A student athlete playing at a college within any NCAA Division must meet both general and academic eligibility requirements. For Division I, a student has *five* years from the date of his/her first enrolment at any university in the world to compete for *four* years of competition. However, he/she must stop competing on the day he/she turns 25 and any scholarship must finish at the end of that semester. Division II and III have no age limits and allow 10 semesters of college attendance (which need not be consecutive) to complete four years of eligibility.

Initial Eligibility Form for Foreign Athletes Intending to Compete at NCAA Division I or Division II schools

On the following four pages is the form designed by NCAA to certify that a foreign athlete has completed the necessary academic requirements as set down by NCAA.

You may remove the necessary pages (pages 10 and 11) from this booklet, complete them and send them off to the address listed on page 8 as soon as you have completed grade 12.



NCAA INITIAL-ELIGIBILITY CLEARINGHOUSE

Information for Foreign Student-Athletes

What is the NCAA Initial-Eligibility Clearinghouse?

The Clearinghouse is an agency which will provide initial-eligibility certification for all prospective student-athletes wishing to compete as freshmen at NCAA member institutions offering Division I or II athletics. The Clearinghouse is **not** a placement agency or an admissions office - it will **not** locate a college/institution for student-athletes to attend. The NCAA Clearinghouse will provide the student's initial-eligibility certification results to all colleges/universities that request to receive this information.

Who must register with the Clearinghouse?

Any prospective student-athlete who will enroll in college as a freshman after the 1993-94 academic year and plans to compete in NCAA Division I or Division II athletics must register with the Clearinghouse.

How do I register with the Clearinghouse?

There are several documents required to apply to the Clearinghouse. Foreign student-athletes must submit all of the following items:

1. NCAA Initial-Eligibility Clearinghouse **Application for Foreign Student-Athletes**.
2. **Personal check or money order** in the amount of \$27.00 drawn on a bank in the United States, or payment via MasterCard/VISA. Your form will not be eligible for processing without payment.
3. **Original academic records** (or certified [attested] copies of the original documents) and **certified, literal English translations** for records not originally in English (see instructions on back).
4. **Score(s)** from either the **ACT or SAT** standardized tests, reported directly to the Clearinghouse by requesting code "9999".

After you graduate, IF your eligibility status is requested by a member institution, the Clearinghouse will review your final transcript and proof of graduation to make a final certification decision according to NCAA standards. Note, however, if you fail to submit all the documents required or if no member institution requests your eligibility status, your incomplete file will be discarded after three years, requiring you to pay a new fee if certification is requested after that time. The Clearinghouse must receive all documents before a certification decision can be made. Additional information regarding some of the required items is provided on the back of this form. These documents should be sent to the address listed below.

Who can I contact if I have questions or concerns?

The Clearinghouse can be contacted directly through your telephone operator or by mail. The country code for the United States is "1" and the Clearinghouse telephone number is 319-337-1492; FAX number is 319-337-1556. The Clearinghouse office is open Monday - Friday between the hours of 8:30 am and 4:30 pm U.S. Central Time. The NCAA Clearinghouse can be contacted via mail at:

NCAA Initial-Eligibility Clearinghouse
2255 N Dubuque Road
PO Box 4044
Iowa City, IA 52243-4044
USA

In addition, you may direct questions to the Clearinghouse at the above address or you can visit the NCAA website at <http://www.ncaa.org>.

NOTE: FOREIGN STUDENTS DO NOT NEED TO COMPLETE A STUDENT RELEASE FORM IN ADDITION TO THIS APPLICATION.

Important Additional Information Regarding Required Documents

It is the prospective student-athlete's responsibility to ensure that the following documents are sent to the NCAA Clearinghouse:

1. **Application for Foreign Student Athletes.** This form is required to register a student with the Clearinghouse. Fully complete all portions of the form, including signatures.
2. **Application Fee.** The \$27.00 fee is required of **all** applicants. Do not send cash. The fee is paid only once even if more than one college/university is interested in recruiting you. The check or money order must be drawn on a bank in the United States and payable to "NCAA Clearinghouse," or you may charge the fee to your Mastercard or VISA account.

3. **Academic Records.**

Detailed and Complete Records Required: Students must submit official records from **all** secondary or middle schools attended, as well as records from any universities, colleges or professional schools attended. This includes any secondary or middle school coursework completed in the United States. Academic records should show the individual subjects studied and the grades or marks received. If secondary and postsecondary records do not clearly indicate the subjects studied or their content, syllabi of courses or descriptions of the curriculum must accompany the records.

Acceptable Photocopy Procedures: If your original academic record is difficult to replace, the registrar, principal, or other record keeping school official from the original issuing institution should make a photocopy of your record and certify that it is a true copy of the original. This is done by placing the institution's official seal or stamp and the signature of the certifying official on the document after photocopying it. **(Do not send difficult to replace original documents as the Clearinghouse will not return them.)** Records certified by lecturers, professors, tutors, or any other school official who does not hold primary responsibility for maintaining the academic records will not be accepted.

Literal English Translation Required: If the academic record is not in English, a translation must be sent in **addition to**, not in lieu of, the original record. The translation should be a literal translation, not an interpretive translation. Any transcripts, certificates, translations, or examination results that appear to have been altered or are irregular will be forwarded to the appropriate school authorities or examination board for verification.

4. **ACT or SAT Scores.** If you have not taken the ACT or SAT examination, contact your secondary school for information about taking one of these standardized tests. Enter code 9999 on the registration form or answer document to have your scores sent directly to the NCAA Clearinghouse. If your secondary school does not have information about these examinations, contact ACT or SAT at the address or telephone number listed below:

Outside the U.S. Testing 61
ACT Universal Testing
PO Box 4028
Iowa City, IA 52243-4028
USA

SAT Information
College Board - SAT Program
PO Box 6200
Princeton, NJ 08541-6200
USA

Telephone: (319) 337-1448
FAX: (319) 337-1285
Office hours: Monday - Friday
8:30 A.M. - 4:30 P.M. Central Time

Telephone: (609) 771-7600
FAX: (609) 771-1426
Office hours: Monday - Friday
8:30 A.M. - 9:30 P.M. Eastern Time

5. All international student documents, along with this application, should be sent to the NCAA Clearinghouse by regular surface or air mail. If you choose to register, you must provide a VISA or MasterCard number or mail a check or money order in the amount of \$27.00. The fee is not refundable should you decide not to attend an NCAA institution.
6. Please detach pages 1-2 for your records. Mail pages 3-4 with any required materials to the NCAA Initial-Eligibility Clearinghouse.

10. If you are **currently** enrolled in school, please list each and every course you are now taking. Secondary school courses should be listed by subject and term they will be taken (see example below). If your present school does not use the credit hour system, indicate the number of hours spent weekly in each class. A detailed description of all foreign post-secondary coursework must accompany this application.

| Term Begins (month/year) | Term Ends (month/year) | Course Title | Course Designator & Number (if any) | Credit Hours or Hours per Week |
|-----------------------------|---------------------------|-----------------|-------------------------------------|--------------------------------|
| Jan. 1992 | May 1993 | Math (Geometry) | MAT 101 | 3 hr/week |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

For items 9 and 10 above, attach additional information on separate pages if necessary. Provide all of the information requested on this form (attach additional information on separate pages if necessary), read the statement below, and sign the form.

I understand and agree to abide by the procedures in the NCAA Clearinghouse brochure for high school students. I authorize the high schools listed to release to the NCAA Initial-Eligibility Clearinghouse my transcripts, including ACT and SAT scores, proof of graduation, and any other academic information or records, as requested by the Clearinghouse for determining my athletic eligibility. I further authorize the release of information or records obtained by the Clearinghouse, including this release form and resulting certification decisions, to the NCAA, to any testing service whose test scores are included in my records (e.g., ACT or ETS), to my current high school, and to all member institutions requesting my eligibility information. I understand and agree that the information provided to the Clearinghouse also may be used for research concerning athletic eligibility, the academic preparation and performance of student-athletes, and related issues. I also understand and agree that the research may be published or distributed to third parties but that I will not be identified in any such published or distributed data.

DATE AND SIGNATURE (REQUIRED)

After you submit this form, you can check on the status of your file from a touch-tone phone by calling 319/339-3003. To use this service, or to check on your file personally, you must provide a 4-digit personal identification number (PIN).

Enter 4 numbers of your choice here: _____ (NUMBERS ONLY)

Please record this number for future reference to your record.

PAYMENT – The \$27.00 fee covers reports for all institutions that request information about you. This form will not be eligible for processing without payment.

____ Personal check, cashier's check or money order in US dollars drawn on a US bank enclosed. Make checks payable to **NCAA Clearinghouse**.

____ Credit Card: _____ VISA _____ MasterCard

Card Number: _____ Expiration Date: _____

Authorized Signature: _____

APPLICATION FOR FOREIGN STUDENT-ATHLETES

Prospective student-athletes from countries other than the United States must complete this application. Detach and return this document, along with academic records, and payment via check or money order (drawn on a US bank) or charged to your MasterCard/Visa account in the amount of \$27.00 (see Payment section) to the NCAA Clearinghouse, PO Box 4044, Iowa City, Iowa 52243-4044 USA.

Please print or type all information except the signature.

1. Name _____
(LAST-FAMILY) (FIRST GIVEN) (MIDDLE/MAIDEN)
2. US Social Security Number (if available) _____
3. Mailing Address _____
STREET & NUMBER
CITY/PROVINCE POSTAL CODE COUNTRY
4. Telephone _____ FAX (if available) _____
5. Gender Male ☐ Female ☐ Date of Birth _____ Birth Place _____
MONTH/DAY/YEAR
6. Country of Citizenship _____
7. Have you completed secondary school? Yes ☐ No ☐ When? _____
 Name of the secondary school which you completed _____
 Address of secondary school _____
 Name of the secondary school certificate or diploma you have or will receive _____
8. **ACADEMIC RECORDS:** You should arrange for the NCAA Clearinghouse to receive official or certified (attested) copies of your academic records throughout your attendance at secondary school. Records should list the subjects studied and the grade, mark, or other evidence that each subject was completed to the satisfaction of the authorities in charge. Records should also include copies of any diploma, degrees, or other certificates received. **All academic records must be submitted via mail.**

 All official records should be in the original language with English translations attached. Because certificates and records are NOT returned, you should submit certified photocopies of the documents which cannot be easily replaced.
9. **EDUCATIONAL BACKGROUND:** Follow the instructions below in completing each column. Applicants must complete columns A-F in full for every school attended. Your application cannot be processed without this information.

Column A-These are actual schools you attended (Does not include pre-elementary schooling [kindergarten]). If you were out of school for a length of time, please note why.

Column B-On each line write the appropriate years for every school attended.

Column C-Write the kind of school you attended such as elementary, secondary, university, etc.

Column D-Enter the name of each school attended, even if you do not wish to receive transfer credits for your coursework there.

Column E-Write the city where each school you have attended is located. Show country only if other than country of citizenship.

Column F-Write the name of the degree or certificate you obtained at the end of that school year.

| A | B | C | D | E | F |
|---------|----------------|----------------|----------------|-------------------------|-----------------------|
| Schools | Calendar Years | Kind of School | Name of School | Location (City/Country) | Certificate or Degree |
| CURRENT | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |

NOTE: This form may be faxed to the Clearinghouse. All other documents should be submitted by mail.

Applying for an Athletic Scholarship

How do I find an Athletic Scholarship?

There are several ways in which students obtain athletic scholarships. These options include:

Option 1: Athletic Scholarships are often offered by coaches who tour the US searching for talent. Occasionally these coaches visit Europe or see non-US students at international events. If a coach invites you to play for his/her team, you must still apply to the university through the regular academic application process. You should make sure that the college will be able to meet your academic needs as well as your sporting needs. Never go by a verbal agreement on a scholarship, or even by a letter from the coach. A contract must be provided with details of the scholarship offer. A coach can offer an award for one year in the first instance and renewal is based on recommendation by the athletics department, which must be approved by the financial aid office. Scholarships are also sometimes announced in national and international sporting magazines.

Option 2: Some students choose to use a placement service instead. Be aware that these services charge a fee and make sure they have relevant contacts with US colleges and universities.

Option 3: You can approach the coach for your sport at individual colleges and universities. In order to attempt this you must have an identifiable achievement in your field and you will still need to research which institutions offer scholarships in your sport. Check web sites of these universities for results of matches or events to see how your ability compares. You will need to put a sport CV together and the coach may also ask you to provide a video demonstrating your abilities. Should you decide that this is the option you wish to follow, read the following information carefully, it is VERY important.

The following steps should help you find the appropriate school to pursue your dreams of athletic greatness:

1. Approximately 18-24 months prior to your anticipated date of attendance at a university in the U.S. start your research. Using a database such as “Peterson’s Career and College Quest” and Peterson’s “Sports Scholarships and College Athletic Programs” (available at most Advising Centers) determine which universities offer the sport you play on a scholarship basis. From that list, determine which schools offer the major that you wish to study. Narrow the list down to approximately 70 schools (unless you’re a potential Olympic star – then 8 or 9 should do!). If level of competitiveness is important to you, you might want to consider applying only to NCAA Division I schools. To find out more about NCAA and NAIA, investigate the websites listed on previous pages.
2. Research out the various schools on your list; find the name of the Head Coach for whatever sport you play. Hopefully you’ll find an email address too, but if not, then a physical address or fax number is fine. To do this, go to the schools website. Most schools have a section for

“Athletics” or “Sports. (In the US “Athletics” refers to all sports, not just track and field events). The following website contains an alphabetical listing of U.S. Colleges and Universities from which you can contact the institutions web sites and find the coaches of your particular sport:

http://dir.yahoo.com/Education/Higher_Education/Colleges_and_Universities/United_States/

Also, NCAA has a very useful searchable database to assist you in finding the right contact at any given university. Try this site: <http://www.ncaa.org/conferences/> And click on: College and University Athletic Contacts

3. Prepare a letter of introduction, as well as both a academic and sporting resume, which should include: your name, address, age, current grade level, contact information including email and fax if available, physical statistics such as height and weight, your interest in attending their school on a sports scholarship, and when you would be available to start your studies (see attached sample). DON’T turn this into a 10 page treatise! Coaches receive so much in the way of materials from students, that a sweet and short resume is far preferred. If you play a non-measurable sport team sport such as soccer or basketball, you might want to consider having a video made of your prowess and telling the coach that you have one available, making sure that it is in the U.S. format.
4. Send the information to all of the coaches via the emails you collected from the college websites. If you were unable to find an email address, then send it via fax or normal snail mail. Make sure it is addressed for the attention of the Head Coach, including his or her name if possible.
5. Hopefully the coaches will contact you within a month or so. If you have heard nothing, write a short note, reminding them that you sent your information and are still interested.
6. Prepare a list of questions and keep it handy, should the coach phone you, you will be able to use the time constructively. Coaches usually phone when it’s convenient for them, so if the time difference in your country is very different from that in the US, be prepared for middle of the night calls. Keeping that list handy, it comes in very useful at 3am!
7. If a NCAA school is interested in recruiting you, investigate the procedure for obtaining clearance from the NCAA. This information can be found on pages 8-11 in this booklet.
8. When taking the SAT’s, be sure to report your scores to the NCAA (Code 9999) if there’s even a small chance that you would be attending a NCAA school. You cannot receive clearance without sending in your SAT scores.
9. If you do not have email, you might want to get a free email account from Hotmail or Yahoo and use the services of an Internet Cafe. Email is a very important tool and it will be to your benefit to have access to it.

A word of caution! If you are going to attend a NCAA institution, DO NOT go to the US until you have received clearance from NCAA. If you do go to the States prior to receiving clearance, you could lose your scholarship!

Testing Requirements

What SAT score do I need for admission to a NCAA member university?

From August 1996, the NCAA began to apply a sliding scale for the minimum SAT scores that are required for acceptance to NCAA Division I colleges. This will be dependent on your average academic grade. The higher your average academic grade is then the lower the minimum SAT score required. You must first convert the South African grade to an American grade. To do this, you would move your South African symbol up one symbol. Therefore, a South African C is equivalent to an American B in most cases. So, students who have achieved an average academic grade of and American B- must obtain a minimum SAT score of 820 points out of a possible 1,600, whilst students with an average academic grade of an American C must score a minimum of 1010. A minimum score of 820 is required to compete at NCAA Division II level and 860 at NAIA level.

Do I need a minimum SAT score for a Junior College?

NJCAA colleges in general do not have a minimum passing score although individual colleges may set one.

When can I take the SAT?

The test is given in South Africa six times every year and students must pre-register at least six weeks in advance to meet registration deadlines. You are advised to take the test in the autumn before, or at the latest the spring of, the year which you intend to enter college.

What is the TOEFL, and do I have to take it?

The TOEFL is the Test of English as a Foreign Language. This examination must be taken by students whose native language is not English.

How can I register for the SAT and the TOEFL?

Information and application forms for the SAT and TOEFL can be obtained from any U.S. Consulate or Embassy in South Africa.

What should I do if I get offered more than one scholarship?

- Consider each offer based on academic opportunities at each university.
- Check the small print of each offer very closely – what happens if you are injured and cannot play your sport?
- Consider the level of sport played at each university – will you be able to play on the college team regularly?

Qualifying Grades and SAT scores for students of South Africa

Republic of South Africa

(Qualifier)

| Core GPA in South Africa | | U.S. Core GPA | ACT (sum of scores) | SAT |
|--------------------------|----------------|---------------|------------------------|---------|
| 5-pt scale | 100-pt scale | | | |
| 2.000 & above | 50.000 & above | 2.500 & above | 68 | 820 |
| 1.950 | 49.500 | 2.475 | 69 | 830 |
| 1.900 | 49.000 | 2.450 | 70 | 840-850 |
| 1.850 | 48.500 | 2.425 | 70 | 860 |
| 1.800 | 48.000 | 2.400 | 71 | 860 |
| 1.750 | 47.500 | 2.375 | 72 | 870 |
| 1.700 | 47.000 | 2.350 | 73 | 880 |
| 1.650 | 46.500 | 2.325 | 74 | 890 |
| 1.600 | 46.000 | 2.300 | 75 | 900 |
| 1.550 | 45.000 | 2.275 | 76 | 910 |
| 1.500 | 45.500 | 2.250 | 77 | 920 |
| 1.450 | 44.500 | 2.225 | 78 | 930 |
| 1.400 | 44.000 | 2.200 | 79 | 940 |
| 1.350 | 43.500 | 2.175 | 80 | 950 |
| 1.300 | 43.000 | 2.150 | 80 | 960 |
| 1.250 | 42.500 | 2.125 | 81 | 960 |
| 1.200 | 42.000 | 2.100 | 82 | 970 |
| 1.150 | 41.500 | 2.075 | 83 | 980 |
| 1.100 | 41.000 | 2.050 | 84 | 990 |
| 1.050 | 40.500 | 2.025 | 85 | 1000 |
| 1.000 | 40.000 | 2.000 | 86 | 1010 |

Resources on Athletic Scholarships Educational Advisory Service at the United States Consulate, Durban

The Educational Advisory Service (EAS) of the United States Consulate, Durban is funded by the US Government to provide information and advice on US education. The EAS houses a resource center including a reference library and Advising Technology Center which offers computer search packages, Internet access and test preparation software. Resources for finding athletic scholarships include several directories concerning colleges that offer athletics and/or scholarships, international academic standards for athletics ability, recruitment guidelines, data on team records, coaches and college facilities, test preparation guides for reference use or for sale, and application forms for the SAT and TOEFL.

Students and parents are welcome to use these resources Monday through Wednesday from 8:00 am to 1.00pm. Should you wish to speak to an Educational Adviser in person, telephone hours are Mondays and Tuesdays **only** from 8 to 1pm. The phone number is (031) 3044737, ext. 216.

EAS hosts group information sessions each Monday at 12 noon and again on Tuesdays at 8am. It is essential to attend one of these programs if you are interested in attending an American institution.

Useful Resources in our Library:

SAT and TOEFL study Guides

Peterson's Guide to Four Year Colleges and Universities

Peterson's Guide to Athletic Scholarships in the United States

Peterson's Guide to 2 Year Colleges in the United States

"The Winning Edge" The Student Athlete's Guide to College Sports by Frances and James Killpatrick

Career and College Quest: A database of 4-year colleges and universities in the United States.

Plus the library contains over 350 videos of U.S. colleges and universities as well as many more printed and computer based information resources on study in the United States.

Sample Letter of Introduction to the Coaches

(PLEASE check, check and recheck your spelling and grammar)

This is a sample letter. Since many students have purchased this package and will be sending off similar letter, sometimes to the same coaches, make sure that you do not copy it verbatim, but rather personalize to meet your own needs.

Mr. John Swift
1204 Any Street
Anytown, South Africa 0000

January 24, 2000

Coach S.O. Cool
Track and Field Coach
Athletics Department
Any University
Any Town, USA 000000

Dear Coach Cool,

My name is John Swift and I will be in 12th grade in January of this year. I live in South Africa and I am a keen short distance runner. I have participated in track events for the last 6 years. During my grade 9 and 10 years I represented my province and was the fastest runner overall.

I am interested in pursuing my sport on a sport scholarship basis in the United States beginning August 2001. I feel that I could be a valuable asset to your team. I would be interested in learning of opportunities for athletic scholarship assistance at your University. I have researched your school on the Internet and it sounds like we would make a great match.

I have attached a brief academic and athletic resume outlining my accomplishments. I would appreciate it if you would provide me with information about your track and cross-country programs.

Thank you very much and I look forward to hearing from you soon.

Regards,

John Swift.

Example of an Athletic Scholarship Resume

Using this form as an example, design your own and email, fax or mail it to the head coach of the schools you're interested in and someone from their staff should get back to you. Include a short cover letter as well (see previous page), explaining why you are interested in attending their institution. **DON'T BE AFRAID TO BRAG!**

ACADEMIC RESUME

Name:

Address:

City:

Postal Code:

Country:

Telephone:

E-mail:

Fax:

Date of Birth: (Month/Day/Year)

Age:

Sex:

Height:

Weight:

High School:

Graduation Date:

Grade Average: (Symbol)

Class Ranking:

Class Size:

Testing Information:

SAT I: Verbal Score:

Math Score:

Date Taken:

SAT II: Writing Score:

Other:

Other:

Please list the number of years, in grades 9 through 12, that you took/will take the following courses:

- English:
- History/Geography:
- Foreign Language: (this includes Afrikaans if English is your first language)
- Math:
- Biology:

- Science:
- Other:

Please list your intended courses of study at university, in order of preference. If you are undecided, please write “Undecided”.

ATHLETIC RESUME

Your Name:

Contact Information:

Name of High School/Training Coach:

Contact information of Coach:

Address:

City:

Postal Code:

School Telephone:

(You should now include pertinent information on your sport; i.e.; times, distances, handicaps, tournaments played in, rank, seeding, honors won, etc. Starting with the most recent and working backwards list all your achievements.)

FastFocus: Money/College Life

Athletics and Academics: A Winning Team

-- by Elisa Kronish

Maybe you've got a perfect punt, a killer kick, an awesome dunk shot. But do you have the grades to continue showing off your skills in college?

Academic requirements for prospective and current college athletes have gotten more demanding over the years. So it's important to know the minimums set by both the NCAA and the individual college you're attending—which is sometimes more stringent than the NCAA—and the assistance that's available to help you meet those requirements.

Getting In: Academic Requirements for College Applicants

"Students need to know more, and they need to ask more questions, because most kids get so wrapped up in being recruited that they forget the academics," says Jack Rivas, president of the National Association of Academic Advising for Athletes.

For college applicants who plan to participate in sports, you need to graduate from high school and enroll in 13 academic classes that satisfy the NCAA's requirement for "core curriculum." If your grade point average is low, then your SAT or ACT score must be stronger. Also, requirements for Division I colleges are higher than Division II (Division III schools have fewer requirements). You can call the NCAA for eligibility information at 800-638-3731 or log on to their Web site at www.ncaa.org/eligibility/cbsa/academic.ptml.

Making the Grade in College

If you have dreams of turning your punt pro, that's great. But you should know that the odds of a high-school football player making it to the pros at all are about 6,000 to 1; for hoop-shooters, it's about 10,000 to 1.

Meaning? Pay attention to that coursework—just in case.

With a heavy practice schedule, that can be hard. But there are lots of places on a college campus that will help you do that. "Pretty much everybody can get some support," Rivas says. But he adds that sometimes it's up to the student to seek it out. Here's what many schools offer:

Most Division I schools have an academic support system set up just for student athletes, or at least a contact person who can steer them in the right direction to get the help they need.

Schools also typically have tutorial centers. "These vary like night and day," Rivas comments.

"In some schools it is geared toward remediation to get students to the point where they need to be," he explains. But some schools have zero remediation. Rivas says if you expect remedial help and it's not offered, then you could get in over your head academically.

Many schools also provide academic coaching through organized study tables for student athletes. These typically combine tutors—either peers or professional staff—and computer labs. Attending study tables is sometimes mandatory.

Growing in popularity are academic courses that actually teach student athletes how to be successful college students. Many schools have created their own, and the NCAA has one called CHAMPS (Challenging Athletes Minds for Personal Success)/Life Skills that's at about 250 schools around the country. Some colleges count it toward your credits for graduation; others use it as a free elective. Some athletic departments require it, some encourage it and others leave it up to the student to decide.

If you want more advice on how to balance academics and sports, check out *The Real Athlete's Guide* at www.athletenetwork.com. In the meantime, keep training and keep studying.

FastFocus: Admissions

Playing the NCAA Game: Rules for Recruitment

-- by *Elisa Kronish*

Just like the rules and regulations of any sport, the NCAA rules can be confusing. Check out the college recruiting game.

The Recruitment Process

So how do you become what the NCAA calls a "recruited prospective student-athlete"? You must be approached by a college coach or representative about participating in that college's athletic program. NCAA guidelines specify how and when you can be contacted. Letters, telephone calls and in-person conversations are limited to certain frequency and dates during and after junior year.

The NCAA also determines *when* you can be contacted by dividing the year into four recruiting and non-recruiting periods:

- During a *contact period*, recruiters may make in-person, off-campus contacts and evaluations.
- During an *evaluation period*, they can only assess academic qualifications and playing abilities; no in-person, off-campus recruiting contacts are permitted.
- During a *quiet period*, they may make in-person recruiting contacts only on the college campus.
- During a *dead period*, they cannot make in-person recruiting contacts or evaluations on- or off-campus or permit official or unofficial visits.

During recruitment, a college coach may ask you to sign a National Letter of Intent (NLI). This document says that you will attend a certain college for at least one year, and it includes a financial aid package. There is an early signing period in November and a late period during spring and summer.

After signing an NLI, you're bound to that college - with penalties if you don't follow through. No other college that's a part of the NLI program can try to recruit you. So if you're not sure which school you'd like to attend or what sport you'd like to play, avoid signing an NLI. As an alternative, you may ask for just a financial aid agreement. And be on guard: Only your signature is binding. A coach's verbal promise to offer an NLI or your verbal promise to sign one is not.

Requirements and Restrictions

Keep Your Grades Up

No matter how well you keep an eye on the ball, you still need to keep an eye on the books. To be eligible to participate, you must register and be certified by the NCAA Initial Eligibility Clearinghouse. Eligibility decisions are based on academic criteria like grade-point averages for core-curriculum courses and scores on the ACT or SAT. The best time to register (a \$25 fee) with the Clearinghouse is after your junior year, but before senior year. That way, you'll know if you're missing any core-curriculum courses. (see page 8-11 of this booklet)

Don't Show Me the Money

Ready for the big league? Don't go pro just yet. Play pro sports and you'll lose your eligibility to join a college sports team. The NCAA has specific definitions of "professionalism," which include:

- receiving any kind of payment or promise of payment for playing in an athletic contest;
- agreeing to a written or verbal contract with an agent or professional sports organization;
- putting your name on a draft list;
- using your athletic skills for pay in any way (TV commercials, for example);
- playing on a professional team; or
- participating on an amateur sports team in exchange for any kind of payment.

Although you can speak with an agent, you'll jeopardize your eligibility if you agree (verbally or in writing) to be represented while in high school or college - even if the agreement concerns post-college athletics.

Limits on Visits

There are two types of college-campus visits that can help you decide where you'd like to attend: official and unofficial. An official visit is paid for by the college. You pay all expenses for an unofficial visit.

Special rules apply for your official visits:

- Official visits are allowed *after* the first day of your senior year of high school and only at the written request of a college.
- Before the visit, you must send the college your high school transcript and proof that you've taken the SAT or ACT.
- You're allowed only one expense-paid trip to any one school, and five paid visits total.
- The visit cannot exceed 48 hours and cannot include special seating at a college sports event.

- Your student host will be allotted \$30 to cover the cost of entertaining you and your family; this money cannot be spent on college souvenirs, like sweatshirts.

If this all seems complicated, keep in mind: The rules are for your benefit. They protect students from undue pressure from recruiters and ensure a level playing field for all student-athletes. For more detailed information, contact the NCAA at 913-339-1906 or visit their Web site at www.ncaa.org.

FastFocus: Admissions

Top Ten Questions for Student Athletes

-- by *Elisa Kronish and Kay Peterson, Ph.D*

You're at the top of your game and schools are clamoring to recruit you to play on their teams. Before you sign on the dotted line, ask these questions to make sure you're picking the right athletic program for you!

1. Does the school offer the academic program that interests me?
2. What are the academic performance requirements to remain a student athlete?
3. What is the level of academics? Is it too demanding? Is it too easy, and therefore not challenging?
4. What importance does the coaching staff place on academic success?
5. What is the graduation rate among athletes here? And how does it compare to the graduation rate of the general student body?
6. What kind of career preparation services does the school offer?
7. Does the school offer tutoring or other academic help services? Are any geared specifically toward student athletes?
8. What kinds of athletic scholarships are available? Do they cover more than one year? If not, are they renewable?
9. What are the conditions for maintaining my funding?
10. What happens if I'm injured and unable to participate in my sport?

Be sure to check with coaches, administrators and current student athletes to get the answers you need. Then make your decision!

Manage Your Time

by Marc Isenberg

If you're interested in playing sports at the college level, you need to learn to manage your time effectively. From a coach's perspective, they are not interested in wasting a valuable scholarship on someone who might have trouble staying eligible.

One of the problems with high school is that it can mask some bad habits. In high school, when you play sports, your time is pretty much accounted for. Even when you get home from a long day of school and practice, your parents will probably suggest (you probably call it nag) that you do your homework, clean your room, get off the phone, take out the garbage, and go to sleep at a reasonable hour. You're thinking, I can't wait to get to college, when I won't have to answer to my parents!

In college, the safety net of your parents is removed. You're supposed to go to class and do your homework, but you don't have the equivalent of someone telling you what to do (except maybe to say, "Pack your stuff.").

Being organized — which involves keeping your goals in mind, staying on top of things, anticipating demands on your time, and planning accordingly — is one of the most important skills you can learn. Playing sports takes great discipline. While some of your friends are hanging out at malls, going to movies, playing video games, you're going from school to practice to study to sleep. Then repeat it again tomorrow. In five years, I promise, you will not regret that your crowing high school achievements did not include becoming a master Dreamcaster or a Reel World fanatic.

If you're like most of the rest of us, learning to be organized will be either very hard or extremely difficult. But once you get in the habit of doing things the right way, you'll never want to return to Disorganization Hell. As someone smart put it, "If you don't have time to do it right the first time, when will you have the time?"

To accomplish goals we have to plan our time. I remember more than one weekend when I had to write a paper or cram for a test instead of playing sports or going to a movie with my friends. Why? Because I hadn't planned to get my schoolwork done. In fact, I had wasted a lot of time watching TV, which was nowhere near as much fun as the activities I had to miss. Even quality goofing off requires planning.

Keep it simple

Whole books have been written about time management. This may be overkill. Basically, figure out what your priorities are and make sure you're putting the bulk of your time into those areas. Of course, sometimes you have to handle a non-priority area because it's urgent, like your brother is locked out of the car and you have to bring him the spare set of keys. But think about the last few weeks. Are you always reacting to events, or are you in control? If you spend most of your time "putting out fires" rather than accomplishing your objectives, try to figure out what you can do to change the situation.

Start with a date book...

Do you know what you will be doing next Tuesday at 4PM? Or four weekends from now? The first step in taking control of your time is to get a date book, if you don't already have one. Date books come in many styles and prices, including electronic organizers. Get one that works for you and fits your budget. If you tend to lose things, do not invest big bucks in an electronic organizer. If you use a computer on a daily basis, consider one of the organizer programs that allow you to print out date book pages.

...And use your date book

Now comes the big challenge. Owning a date book does not organize your life, any more than owning a textbook prepares you for a final. You've got to open it. Frequently. Keep your date book with you, even in your gym bag, and use it on a daily basis. Record homework assignments, practices, games, work, social appointments. Everything. You will be amazed at how easy it is to schedule two activities at the same time if you don't check your date book. Once you've filled the pages with things to do, look in the book every evening or every morning — whatever works for you — to be sure that you are carrying out your plans.

Once a week spend 10 or 15 minutes with your date book. Review how you've been spending your time, and look forward to see if your plans are designed to accomplish your goals. If you're not satisfied, figure out what you need to do and when to do it, and enter that information into your date book.

Staying organized

Remember, getting organized and staying organized is a lifelong effort, but well worth it. If you lapse, don't give up, any more than you would if you made a bad pass or took a hurdle off the wrong foot. Keep working to improve your organizational skills. Learn to be effective even though you are under pressure, just as you would in your sport. Pressure is part of the definition of life.

My Experience Study in the U.S.A. on an Athletic Scholarship

By Samantha Bishop

My name is Samantha, I was born and grew up in Durban, South Africa. I started playing tennis when I was eight and began playing competitively when I was eleven. From the time that I was thirteen I knew that I wanted to go to university in the U.S. but I didn't know where or how.

When I was in 12th Grade at Durban Girls' College, Mrs. Paola came to my school and talked to us about studying in the U.S. I remember raising my hand and asking about a "tennis university". Mrs. Paola explained that it didn't work like that. Mrs. Paola helped me find a university where they were offering me a full tennis scholarship and where I thought that I could be happy. I left South Africa in March 1994, however that is an unusual time of year to begin university in the U.S., you will traditionally begin in August, which is when the American academic year begins.

When I arrived in Montgomery, Alabama I was alone and didn't know a single person, in fact I had never been to the U.S. before. I was extremely scared and anxious to say the least, but I was also very excited which made things much easier.

When I arrived at the airport the Tennis Coach met me and took me back to the university. I lived in the University Residence (Dorms) with the other tennis players as well as many other students. What is great about being an athlete is your team is a great support system and become your first friends, you are immediately surrounded by a whole group of people who you have a lot in common with. That is definitely one aspect that makes it much easier than just being a regular student (non-athlete).

Sport at universities in the U.S.A. is very competitive. You practice and train every day. Most teams run in the mornings and then practice in the afternoons. Our coach lived about twenty minutes out of town and therefore we didn't have to train early in the morning. We didn't have it much easier though, we trained after practice therefore making for longer afternoons. During our season we traveled a lot to compete against other teams and we often had to budget our time carefully so that we could get our homework and studying in around practice and competition. It was hard work but it was a lot of fun and a great way to earn a degree.

I wouldn't say that I suffered from "homesickness" but it was a big change and I would say that I did suffer from "culture shock". Everything is different, food is different, the way people talk, cars driving on the other side of the road, time difference, it is the little things that make the really big difference. This sounds silly but I really missed milo, rooibos tea and marmite. I would say that it took me about a year before I had really settled down, adjusted and was happy. However I did have friends who seemed to struggle with this aspect more than I did.

When I graduated I decided that I wanted to continue on and get a further degree, a Masters Degree. However I had played my four seasons on the tennis team and therefore was no longer eligible to be an athlete for the university. I was able to work on campus a little and I was a

graduate assistant in my department. With a little financial help from my family I was able to earn and pay for my Masters Degree, (my athletic scholarship only paid for my undergraduate degree).

During my masters degree my graduate assistant supervisor got me involved in bicycle riding. In October 1998 I met this guy on a bike ride. We dated for about a year and soon after I graduated with my master's degree he asked me to marry him. We have now been married four months. I am now working as an Exercise Physiologist in the Cardiac Rehabilitation Department of our local hospital. This is exactly what I wanted and I am very happy.

Study in the U.S. was right for me, it was more than just going to university, I had to grow up and deal with little life issues on my own too, as I didn't have family around the corner to do it for me, but it was really worth it. Good luck with whatever you decide.

GETTING READY TO GO!

Once you have been selected to receive a sports scholarship in the United States, you should contact the Educational Adviser to obtain more information to assist you in planning for your departure.

Visas

You will need 2 visas. You will need to apply for the normal tourist visa, plus you also have to apply for a Student Visa. There are charges for each of these and you should phone the United States Consulate nearest you to obtain information on the various procedures necessary to obtain your visas and the days and hours that you may do so.

You will need to have an immigration document from the university. This document is called an I-20, and will be issued to you once you have received your scholarship.

Plan ahead and do not leave the visa application till the last minute.

10 Points to Remember When Applying for a Nonimmigrant Visa

1) TIES TO HOME COUNTRY. Under U.S. law, all applicants for nonimmigrant visas are viewed as intending immigrants until they can convince the consular officer that they are not. You must therefore be able to show that you have reasons for returning to your home country that are stronger than those for remaining in the United States.

"Ties" to your home country are the things that bind you to your hometown, homeland, or current place of residence: job, family, financial prospects that you own or will inherit, investments, etc. If you are a prospective undergraduate, the interviewing officer may ask about your specific intentions or promise of future employment, family or other relationships, educational objectives, grades, long-range plans, and career prospects in your home country. Each person's situation is different, of course, and there is no magic explanation or single document, certificate, or letter, which can guarantee visa issuance.

2) ENGLISH. Anticipate that the interview will be conducted in English and not in your native language. One suggestion is to practice English conversation with a native speaker before the interview. If you are coming to the United States solely to study intensive English, be prepared to explain how English will be useful for you in your home country.

3) SPEAK FOR YOURSELF. Do not bring parents or family members with you to the interview. The consular officer wants to interview you, not your family. A negative impression is created if you are not prepared to speak on your own behalf. If you are a minor applying for a high school program and need your parents there in case there are questions, for example, about funding, they should wait in the waiting room.

4) KNOW THE PROGRAM AND HOW IT FITS YOUR CAREER PLANS. If you are not able to articulate the reasons you will study in a particular program in the United States, you may not succeed in convincing the consular

officer that you are indeed planning to study, rather than to immigrate. You should also be able to explain how studying in the United States relates to your future professional career when you return home.

5) **BE CONCISE.** Because of the volume of applications received, all consular officers are under considerable time pressure to conduct a quick and efficient interview. They must make a decision, for the most part, on the impressions they form during the first minute or two of the interview. Consequently, what you say first and the initial impression

you create are critical to your success. Keep your answers to the officer's questions short and to the point.

6) **SUPPLEMENTAL DOCUMENTATION.** It should be clear at a glance to the consular officer what written documents you are presenting and what they signify. Lengthy written explanations cannot be quickly read or evaluated. Remember that you will have 2-3 minutes of interview time, if you're lucky.

7) **NOT ALL COUNTRIES ARE EQUAL.** Applicants from countries suffering economic problems or from countries where many students have remained in the United States as immigrants will have more difficulty getting visas. Statistically, applicants from those countries are more likely to be intending immigrants. They are also more likely to be asked about job opportunities at home after their study in the United States.

8) **EMPLOYMENT.** Your main purpose of coming to the United States should be to study, not for the chance to work before or after graduation. While many students do work off-campus during their studies, such employment is incidental to their main purpose of completing their U.S. education. You must be able to clearly articulate your plan to return home at the end of your program. If your spouse is also applying for an accompanying F-2 visa, be aware that F-2 dependents cannot, under any circumstances, be employed in the United States. If asked, be prepared to address what your spouse intends to do with his or her time while in the United States. Volunteer work and attending school part-time are permitted activities.

9) **DEPENDENTS REMAINING AT HOME.** If your spouse and children are remaining behind in your country, be prepared to address how they will support themselves in your absence. This can be an especially tricky area if you are the primary source of income for your family. If the consular officer gains the impression that your family members will need

you to remit money from the United States in order to support themselves, your student visa application will almost certainly be denied. If your family does decide to join you at a later time, it is helpful to have them apply at the same post where you applied for your visa.

10) **MAINTAIN A POSITIVE ATTITUDE.** Do not engage the consular officer in an argument. If you are denied a student visa, ask the officer for a list of documents he or she would suggest you bring in order to overcome the refusal, and try to get the reason you were denied in writing.

This document was produced by NAFSA: Association of International Educators. NAFSA would like to credit Gerald A. Wunsch, Esq., 1997, then a member of the Consular Issues Working Group, and a former U.S. Consular Officer in Mexico, Suriname, and the Netherlands and Martha Wailes of Indiana University for their contributions to this document. NAFSA also appreciates the input of the U.S. Department of State.

College Packing List: The Stuff to Take

The following list has been designed to assist you in your packing. These are not required items, but are listed only to provide guidance.

Getting ready to go away to college? What should you pack? There are dozens of things you might not think about until you're at school and discover you miss them. We've assembled this handy checklist to help you make sure you're comfortable in your new environment. If you're going to have a roommate, coordinate the bigger items (phone, TV, VCR, stereo) with him or her...you won't need two of them, and there probably wouldn't be room anyway.

| | |
|---|---|
| Clothing: | ♦ Athletic shoes or sneakers (a lot of walking coming up!) |
| ♦ Bathing suit | ♦ Baseball cap (the ultimate cure for the inevitable bad hair day--and we all have 'em.) |
| ♦ Bathrobe for making your way down the hall to the bathroom | ♦ Boots (snowboots!) |
| ♦ Coat (heavy for cold climates) | ♦ Dressy shoes to go with your outfit (you don't want to wear a suit or dress with sneakers!) |
| ♦ Favorite T-shirts | ♦ Gloves or mittens |
| ♦ Hat (for cold weather) | ♦ In-line skates |
| ♦ Jackets - light for cool weather, heavy for cold | ♦ Jeans |
| ♦ Jewelry (though we don't recommend taking anything valuable) | ♦ Lint brush or tape roller |
| ♦ Long underwear | ♦ Pajamas |
| ♦ Pantyhose and/or tights (for women) (and clear nail polish to stop runs!) | ♦ Raincoat |
| ♦ Rubber flip flops for shower | ♦ Sandals |
| ♦ Scarf (for cold weather) | ♦ Shorts |
| ♦ Small sewing kit (come on, you have to sew on the occasional button!) | ♦ Socks and underwear (bring a lot!!) |
| ♦ Slippers or scuffs | ♦ Sunglasses |
| ♦ Sweatclothes | ♦ Watch |
| | |
| | |
| Decoration: | ♦ Area Carpet for your room |

| | |
|--|--|
| ♦ Blankets or comforters | ♦ Coasters (to prevent wet rings and waterspots from cold drinks!) |
| ♦ Cork bulletin board | ♦ Famous quotes - If you're having a tough time in college use a quote to help you through it. Quotes are universal; there is a quote for every situation. |
| ♦ Fish tank | ♦ Hammer and nails, tacks, or self-stick adhesive |
| ♦ Holiday decorations of choice | ♦ "Husband"--a backrest that looks like the top of a chair |
| ♦ Houseplant or two (if you've got a green thumb!) | ♦ Mattress pad |
| ♦ Pictures of family and friends | ♦ Posters and pictures for your walls |
| ♦ Push pins or thumbtacks for your bulletin board | ♦ Room deodorizer |
| ♦ Screwdriver | ♦ Small bookcase (if you'll have room) |
| ♦ Stuffed bear or other favorite stuffed animal | ♦ Tape (masking tape, scotch tape, or double-sided--or poster tack!) |
| ♦ Wipeaway message board and dry erase markers | |
| | |
| ♦ Dishes and Food: | |
| ♦ Aluminum foil | ♦ Blender |
| ♦ Can opener | ♦ Coffee cup or mug |
| ♦ Coffee maker and coffee packets (or single serving coffee bags) | ♦ Cutting Board |
| ♦ Dishes: a few plates, silverware, cups and glasses, storage containers | ♦ Dishwashing liquid |
| ♦ Favorite soft drink or bottled water | ♦ Hot-air popcorn popper |
| ♦ Hotplate (check with your dorm to make sure they're allowed) | ♦ Ice cube trays |
| ♦ Microwave (if they're allowed) | ♦ Paper plates (so convenient if you don't like to wash dishes!) |
| ♦ Paper towels, napkins, dishcloths | ♦ Self-sealing plastic bags |
| ♦ Small refrigerator if the school doesn't supply them | ♦ Stockpile of candy, gum, other favorite treats |
| ♦ Toaster (check to make sure your school allows them!) | ♦ Water filter (portable) |

| | |
|---|--|
| Electronics: | |
| ♦ Alarm clock | ♦ Answering machine |
| ♦ Batteries | ♦ Camera |
| ♦ Extension cords | ♦ Fan (especially if your dorm isn't air conditioned!!) |
| ♦ Film | ♦ Flashlight |
| ♦ Headphones (great if you and your roommate don't like the same tunes) | ♦ Lamp (a small clip-on one is good!) |
| ♦ Personal book light or night visor (so your roomie can sleep when you're up late) | ♦ Personal stereo and favorite CDs or tapes. (Just don't take them all!) |
| ♦ Surge protector or power strip | ♦ Telephone |
| | |
| | |
| Finance | ♦ ATM card (try to limit your withdrawals!) |
| ♦ Cash (though not too much!) | ♦ Checkbook |
| ♦ Prepaid calling card | ♦ Quarters for doing laundry (lots of quarters!) |
| Driver's License (or other form of gov't ID) | |
| | |
| Organization and Storage | |
| ♦ Address book with addresses of friends at home and other schools | ♦ Air mattress and pump |
| ♦ Backpack (or a bookbag, which can usually hold more) | ♦ Baking soda (great for deodorizing) |
| ♦ Basket for shower items | ♦ Bicycle and bicycle lock |
| ♦ Calendar | ♦ Catalogs for holiday shopping (especially if you're not taking a car!) |
| ♦ Cleaning supplies--glass cleaner, sponge, dishwashing liquid, etc | ♦ Clothes pins--useful for everything from keeping the chips closed to hanging things to dry |
| ♦ Closet organizer | ♦ Coat hangers |
| ♦ Desk organizer | ♦ Door stop (important if your dorm room door closes automatically, as many do) |
| ♦ Drying rack for clothes you don't want to put in the | ♦ Duct tape |

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| dryer | |
| ♦ Filing cabinet - if you don't have one use a plastic crate | ♦ Foot locker or storage box |
| ♦ Garbage bags | ♦ Glue and/or superglue |
| ♦ Glue gun (great for fixing everything from drooping hems to broken items!) | ♦ Hooks (over the door hooks add great additional storage for clothing) |
| ♦ Laundry bag or basket | ♦ Light bulbs |
| ♦ Padlock or combination lock for the gym or library | ♦ Plastic crates to store your stuff--dorms are notoriously low on closet, drawer, and shelf space! |
| ♦ Plug-in outlet adapters and extenders | ♦ Self-sealing bags--great for storage, soaking laundry, etc. |
| ♦ Shoe organizer | ♦ Small wash tub or basin |
| ♦ Stationery and stamps (lots of stamps!) | ♦ Swiss army knife |
| ♦ Tape - the five kinds: | ♦ Duct |
| ♦ Electrical | ♦ Masking |
| ♦ Medical | ♦ Scotch |
| ♦ Tape measure | ♦ Travel guide of your new city or town |
| ♦ Wastebasket (many schools only allow a metal one) | ♦ Wetwipes for quick cleanups |
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| Personal Care: | ♦ Aspirin or other pain reliever |
| ♦ Bible or religious work of choice | ♦ Brush and comb |
| ♦ Bug spray | ♦ Cards or board games--they make great icebreakers! |
| ♦ Chapstick (just wait until that wind hits your lips in January) | ♦ Contact lens care products (and extra lenses if you wear disposables) |
| ♦ Cotton balls | ♦ Cotton swabs |
| ♦ Deodorant | ♦ Drying rack for laundry (handwashables) |
| ♦ Egg crate foam mattress (dorm mattresses are often uncomfortable) | ♦ Extra eyeglasses or contacts |
| ♦ Eyedrops | ♦ Feminine care products |
| ♦ First aid kit (small; at least take band-aids and | ♦ Fragrance |

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| disinfectant) | |
| ♦ Hair dryer | ♦ Health insurance card |
| ♦ Iron | ♦ Ironing board (miniature) |
| ♦ Journal or diary | ♦ Laundry detergent and stain stick |
| ♦ Lotion (hand or body to combat dry skin!) | ♦ Makeup mirror (guys can use them for shaving) |
| ♦ Mirror to hang on the wall for those last minute hair/make-up checks | ♦ Nail clippers and file |
| ♦ Nail polish remover | ♦ Pepper Spray |
| ♦ Pillow (or lots of pillows for your bed) | ♦ Photo album of friends and family |
| ♦ Prescription medications and refills | ♦ Q-Tips |
| ♦ Razor, shaving cream, deodorant, and other toiletries | ♦ Safety pins |
| ♦ Shampoo and conditioner | ♦ Sheets and pillowcases |
| ♦ Static Guard | ♦ Sunscreen |
| ♦ Soap or shower gel | ♦ Tissues |
| ♦ Toilet paper | ♦ Toothbrush and toothpaste |
| ♦ Towels and washcloths (don't forget a beach towel) | ♦ Tweezers |
| ♦ Umbrella | ♦ Vitamins |
| ♦ Wall mirror (if your dorm doesn't have them) | ♦ Zit cream (really important before a big date!) |
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| Study Aids: | ♦ Book of common quotations (reference) |
| ♦ Calculator | ♦ Calendar |
| ♦ Computer (laptops are great if you can swing it) | ♦ Computer diskettes |
| ♦ Computer paper | ♦ Crayons (more useful than you might think!) |
| ♦ Dictionary (bring a good one, or get one at school) | ♦ Earplugs (in case your dorm is noisy or your roommate snores) |
| ♦ Folders | ♦ Highlighter pen(s) |
| ♦ Hole punch | ♦ Lap desk |

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| ♦ Light bulbs | ♦ Markers |
| ♦ Miniature cassette recorder | ♦ Notebooks (but you may want to buy ones with your school's logo once you get there!) |
| ♦ Note cards | ♦ Organizer or daily planner |
| ♦ Paper Clips | ♦ Pens |
| ♦ Pencils and erasers | ♦ Pencil sharpener |
| ♦ Post-It Notes | ♦ Printer (for computer) and printer paper |
| ♦ Rubber bands | ♦ Ruler |
| ♦ Scissors | ♦ Stapler, staples, and staple remover |
| ♦ Thesaurus | ♦ White-Out (for cleaning up those messy errors) |
| ♦ Writer's guide or grammar book | ♦ |

Remember that the electrical voltage in the United States is different than that of South Africa. Unless you are prepared with the correct adapters your South African appliances will not work.

A final word of advice:

With hundreds, if not thousands of student-athletes from all over the globe striving to attract the attention of college coaches, you must highlight yourself so that a coach becomes familiar with your name and your face (send him a picture!) Make contact with coaches at schools in which you are interested during your 11th grade year. Send them an email, letter or fax along with a good resume and a videotape if available. Then, and this is extremely important, follow up with another email, fax or letter or phone call a few months later. Don't stop there. Follow up with another contact in the summer after 11th grade finishes and again six months later.

Student athletes who are a little more assertive are the ones who come out on the high end. Coaches don't forget those who put out that extra effort.

Is all this worth it? I strongly believe that I would never want to look back and say, "I wish I had", but to be able to look back and say, "I did". It is a choice that is entirely dependent on you and your determination.

Over the last 13 years, I've worked with athletes with less than stellar talent, but a bucketful of ambition. They made it and they loved it. It's your decision, but if you do decide to go for it, give it everything you've got.

Good luck!

Roberta Paola

Revised July 2000

***"For when the One Great Scorer comes to mark against your name,
He writes — not that you won or lost — but how you played the
Game."***

— Grantland Rice